



## West Valley City Fitness and Recreation Center News

### Winter Itty Bitty Ball

For Boys and Girls Ages 4-6  
February 16 - March 23, 2013  
Saturdays starting at 10 a.m.

Members: \$40

Non-Members: \$42

Includes photo, t-shirt and award

**Registration due January 28, 2013**



### Winter Big Kids Ball

For Boys and Girls Ages 7-10  
February 12 - March 21, 2013  
Practices on Tuesdays; Games on  
Thursdays starting at 6 p.m.

Members: \$40

Non-Members: \$42

Includes photo, t-shirt and award

**Registration due January 28, 2013**

### Looking for a great start to the New Year?

Want to do something the whole family can enjoy?

The West Valley City Family Fitness Center has you covered!

For about a \$1 per day, your family can get a membership and enjoy all that we have to offer.

#### Membership has its **ADVANTAGES...**

- Affordable rates...family memberships for about a \$1 per day
- Free member fun events
- Free Childcare (1st hour free, \$1.50 each additional hour per child)
- 2 free Fitness Assessment sessions per year
- 1 free 4-week Fitness Class Pass each year
- Free Body Composition Testing
- Members-only locker rentals
- Discounts on Birthday Party Packages
- Free use of rental equipment
- Discounts on programs and special events
- Ask about our Recruitment Rewards Program...Bring a friend!

**Call 801-955-4000 or stop by the front desk today and start the New Year off right!**

### Personal Trainers

Made a resolution to start working out but not sure how to begin?

Come in and schedule an appointment at the front desk with a personal trainer today.

When signing up or renewing your membership you receive 2 FREE fitness assessment appointments per year. So come on in and get started today!!

Call 801-955-4000 for more information.

### Host Your Next Birthday Party at the Family Fitness Center

Host your next birthday party at the Family Fitness Center. Enjoy Fitness Center activities like swimming, rock climbing, basketball or playing in the Edutainment Center.

**Several party options to choose from. Call the front desk at 801-955-4000 for more information.**

Party may be located in the party rooms adjacent to the pool or in the Edutainment Center.

**Reservations must be made one week in advance.**

### Need a Before School or After School Program?

#### Before School Kamp (Kids 5-12 years old)

Before school camps from 7 a.m. to 8:30 a.m. include snacks, super sports, rock climbing, arts super science, and more! Transportation is available to Valley Crest Elementary ONLY (children from any school may attend, however transportation will not be provided).

**\$20 per week per child OR \$4 per day per child (No refunds, late registration or date changes)**

#### After School Kamp (Kids 5-12 years old)

After school camps from 3:30 p.m. - 6 p.m. include sports, games, swimming, rock climbing, Kidz Yoga, study time, and more! Transportation is available from Monroe, Monticello Academy, Valley Crest, West Valley, Whittier and Wright Elementary schools (children from any school may attend, however transportation will not be provided).

**\$30 per week per child OR \$7 per day per child (No refunds, late registration or date changes)**

**Before & After School Kamp Fee: \$45 per week per child OR \$9 per day per child**

**Registration Deadline:** All registrations are due by Tuesday at Fitness Center close of business the week prior to the beginning of camp.



5415 West 3100 South, West Valley City, UT 84120 (801) 955-4000 [www.wvc-ut.gov/fitnesscenter](http://www.wvc-ut.gov/fitnesscenter)  
Facility Hours: M-F 5 a.m. - 10 p.m. Saturday 6:30 a.m. - 9 p.m. Sunday 10:30 a.m. - 5 p.m.  
Lap Swim: M-F 5 a.m. - 9 p.m. Saturday 6:30 a.m. - 8 p.m. Sunday 11:30 a.m. - 5 p.m.  
Open Plunge: M-F 11:30 a.m. - 9 p.m. (slide opens at 5 p.m.) Saturday 11:30 a.m. - 8 p.m. Sunday 1 p.m. - 4 p.m.

